

## ABSTRACT OF THE DISCLOSURE

A clamp assembly according to the invention can be fixed through an opening between adjacent members. The clamp assembly includes a base, a cap opposing the base, and a post connecting the cap and the base in a fastening position on the adjacent members. The post includes a torque-limiting feature to prevent over tightening of the cap and base. The clamp assembly may further include an applier interacting with the post to position the cap and base in the fastening position. A method according to the invention includes placing the base and cap on opposing internal and external surfaces of the adjacent members. The post is rotated to bring the base and cap to the fastening position, and a torque-limiting feature prevents over tightening. The method may further include removing a distal portion of the post projecting from the cap and leaving a proximal portion of the post projecting from the cap and which can be deformed to secure the base and cap in the fastening position.